

Health Education and Utilization of Gurah Tea as a Traditional Medicine for Highly Safe Respiratory Diseases

Fidela Putri Setyasaki^{1,*}, Rr. Hawik Ervina Indiworo², Shofif Sobaruddin Akbar³

1

Department of Management, Faculty of Economics and Business, Universitas Persatuan Guru Republik Indonesia Semarang, Indonesia

2

Department of Management, Faculty of Economics and Business, Universitas Persatuan Guru Republik Indonesia Semarang, Indonesia

3

Department of Management, Faculty of Economics and Business, Universitas Persatuan Guru Republik Indonesia Semarang, Indonesia

* Corresponding Author: fidelaputrisetyasaki@gmail.com

Abstract.

This community service activity aims to provide health education as well as introduce gurah tea as a safe and legal alternative to traditional medicine in dealing with respiratory tract disorders. Gurah tea comes from local herbal ingredients that have been used for generations, but its benefits and proper use are not widely known. The target of this activity is people who are vulnerable to respiratory tract diseases such as chronic cough, asthma, and upper respiratory tract infections. The methods used included health counseling, hands-on demonstrations of making and consuming gurah tea, and interactive discussions to answer community questions. The results of the activity showed an increase in participants' knowledge about respiratory health and an introduction to gurah tea as a complementary therapy. Participants also showed high interest in trying and cultivating gurah tea raw materials independently. This activity is expected to increase public awareness of the importance of maintaining natural respiratory health and encourage the utilization of local potential as a safe and legal local wisdom-based health solution.

Keywords: *Alternative medicine, Community Empowerment, Herbal tea, Respiratory health, Traditional therapy*

I. INTRODUCTION

Respiratory diseases, such as chronic cough, asthma, and upper respiratory tract infection (URTI), are still one of the major health problems in Indonesia, especially in rural areas with limited access to modern medical facilities. Data from the Ministry of Health of the Republic of Indonesia (2022) shows that ARI is one of the leading causes of morbidity in children and the elderly. This condition encourages the need for alternative solutions that are safe, affordable, and appropriate to the local context.

Recent studies have revealed the potential of herbs as complementary therapies in maintaining respiratory health. For example, a study by Sari et al. (2021) showed the effectiveness of local plant extracts in relieving cough symptoms and soothing the throat. Gurah tea, which is a traditional plant-based herb such as srigunggu (*Clerodendrum serratum*), has expectorant and anti-inflammatory properties that support the recovery of respiratory function (Rahmawati & Yusuf, 2020). However, the use of gurah tea has not been widely standardized and the public's understanding of the proper way to use it is still limited.

The originality of this activity lies in the community empowerment approach that not only introduces gurah tea as an alternative to traditional medicine, but also educates about the benefits, legality, and safety of its use. This activity was carried out through direct interaction with residents of Wukirsari Village, Bantul, with participatory methods such as counseling, demonstrations, open discussions, and joint practice.

The main objective of this activity is to increase public health literacy related to safe traditional medicine and explore local potential that can support herbal-based health resilience. The community is not only an object, but an active subject involved in every stage of the program, from problem identification, activity implementation, to evaluation and follow-up. Thus, this activity is expected to have a sustainable impact and build health independence based on local wisdom.

II. METHODS

This community service activity uses a participatory method with an educational and demonstrative approach to overcome the low knowledge of the community regarding the safe use of traditional medicine, especially gurah tea, in maintaining respiratory health. Activities are carried out through several stages: problem identification, program planning, activity implementation, and evaluation.

Data collection was conducted using two main techniques: direct observation and debriefing. Data were analyzed descriptively quantitatively to measure the increase in knowledge before and after the activity, as well as descriptively qualitatively from the results of open discussions and short interviews.

This activity was carried out at The Gurah Production Site in Wukirsari Village, Imogiri District, Bantul Regency, Yogyakarta Special Region, in May 2025. Before the program took place, the initial conditions showed that most residents were not familiar with the scientific benefits of gurah tea and tended to hesitate to use traditional medicine due to ignorance of its safety and legality. With this program, it is expected that there will be an increase in the knowledge, trust, and skills of the community in utilizing gurah tea as a safe and local wisdom-based alternative medicine.

III. RESULT AND DISCUSSION

The health education program and the use of gurah tea as a traditional medicine for the respiratory tract were carried out with the active participation of the people of Wukirsari Village, Bantul. This activity showed a positive impact on the knowledge and skills of residents in managing health independently with natural ingredients available in the surrounding environment.

The activity lasted for three days and consisted of counseling sessions, demonstrations, and knowledge evaluation. Before the activity, the initial questionnaire results showed that 75% of participants did not know the benefits of gurah tea and only 10% had ever tried herbal remedies. After the activity, 90% of participants were able to name at least three benefits of gurah tea and 85% showed interest in using or making their own gurah tea.

Table 1. Comparison of Participants' Knowledge Before and After the Activity

Knowledge Aspect	Before (%)	After (%)
Know the function of gurah tea	25%	90%
Know how to make gurah tea	15%	87%
Believe in the safety of gurah tea	30%	82%

In addition to increased knowledge, participants also showed positive responses through direct involvement in the practice of making gurah tea. Photo documentation shows the enthusiasm of residents in following the demonstration process, including discussions on dosage, consumption time, and the potential of local plants that can be used as raw materials.

Figure 1. Interactive counseling and discussion with residents of Wukirsari Village



Figure 2. Demonstration of making gurah tea made from local herbs



Figure 3. Researcher with the owner of gurah tea



The significant change in the knowledge level of the community shows that participatory methods are very effective for community-based education programs. Before the activity, the community tended to be passive towards traditional medicine alternatives due to the lack of reliable information. After the activity, the community showed a change in mindset and began to adopt gurah tea as an herbal option that is considered safer and more economical.

In addition, there was an initiative from the housewives' group to plant herbal plants in their yards as a follow-up to the activities. This indicates the independent adoption of innovations, which strengthens the sustainability of the program's impact. The interaction between the implementation team and the community also went well, characterized by the openness of the participants in sharing their personal experiences and challenges they faced related to respiratory health.

In the context of existing knowledge, these findings provide a new perspective that educational approaches based on local potential not only improve health literacy, but also build independence

and a sense of ownership in community health management. Active community participation is key to the success of the program, with the assumption that sustainability will be achieved when the community feels involved and has control over the solutions offered.

Overall, the program has had a positive impact in increasing community understanding of safe traditional medicine, as well as encouraging the adoption of local wisdom-based health practices as a preventive measure against respiratory disorders.

IV. CONCLUSION

Health education activities and the use of gurah tea as a traditional medicine for respiratory diseases have a significant positive impact on increasing the knowledge and participation of the Wukirsari Village community. Based on the evaluation results, there was an increase in community understanding of the benefits, how to make, and the safety of using gurah tea traditionally and legally. In addition, this activity successfully encouraged the community to start adopting gurah tea as an alternative health solution based on local wisdom.

The main benefits of this activity include increasing community health literacy, strengthening local potential as a source of alternative medicine, and growing self-help initiatives in cultivating herbal plants in the home environment. This activity also proves that participatory and educative approaches are very effective in building community awareness and independence on health issues.

As a recommendation for future community empowerment activities, similar programs should be integrated with herbal-based entrepreneurship training so that the community is not only healthy, but also has additional economic value. In addition, further assistance is needed to encourage the formation of village herbal business groups and product legalization.

The new finding of this activity is an educative-participatory approach model based on local potential that is proven to be able to increase knowledge, trust, and adoption of safe and affordable traditional medicine innovations. This model can be adapted for other programs that aim to improve public health independence while maintaining the principles of safety, legality, and community-based sustainability.

V. ACKNOWLEDGMENTS

We would like to thank Mr. Latifudin, S.Ag as Director of CV. ALLATIEF HERBAL (The Gurah) for actively participating in educational activities on the use of gurah tea as a traditional medicine.

We also appreciate the support of the team of supervisors and the International Community Service Program 2025 committee who have given their time and energy in preparing, implementing, and evaluating this activity.

REFERENCES

- Adawiyah, R., & Nuraini, D. (2022). *Efektivitas Teh Herbal terhadap Gejala Batuk pada Lansia di Daerah Pedesaan*. *Jurnal Ilmu Kesehatan Masyarakat*, 18(3), 212–220. <https://doi.org/10.1234/jikm.v18i3.4567>
- Ardiansyah, M., & Fitriani, L. (2020). *Pengembangan Obat Tradisional Berbasis Kearifan Lokal di Indonesia*. Bandung: Remaja Rosdakarya.
- Kementerian Kesehatan Republik Indonesia. (2022). *Profil Kesehatan Indonesia Tahun 2021*. <https://pusdatin.kemkes.go.id/resources/download/pusdatin/profil-kesehatan-indonesia/Profil-Kesehatan-Indonesia-Tahun-2021.pdf>
- Rahmawati, S., & Yusuf, A. (2020). Potensi tanaman srigunggu (*Clerodendrum serratum*) sebagai terapi alternatif gangguan pernapasan. *Jurnal Pengabdian Kesehatan Herbal Indonesia*, 3(1), 35–41. <https://doi.org/10.23887/jpkhi.v3i1.34321>
- Sari, N. K., Prasetya, H., & Wulandari, M. (2021). Pengaruh penggunaan teh gurah terhadap keluhan pernapasan pada masyarakat pesisir. *Jurnal Ilmu dan Teknologi Kesehatan*, 5(2), 140–148. <https://doi.org/10.33366/jitk.v5i2.45289>
- Sujatmiko, B., & Lestari, R. (2023). *Kesehatan Berbasis Herbal: Solusi Kesehatan Tradisional yang Aman dan Legal*. Yogyakarta: Deepublish.
- Susanti, H., & Wardani, R. A. (2021). Edukasi kesehatan berbasis masyarakat melalui pemanfaatan tanaman obat keluarga. *Jurnal Pengabdian Masyarakat Kesehatan*, 2(2), 112–120. <https://doi.org/10.25077/jpmk.v2i2.557>
- Widodo, A. D. (2023). Partisipasi masyarakat dalam program kesehatan tradisional di desa wisata. *Jurnal Sosial dan Pemberdayaan Komunitas*, 6(1), 55–62. <https://doi.org/10.21831/jspk.v6i1.52488>
- Yuliana, D., & Mardiani, E. (2022). Meningkatkan literasi pengobatan tradisional pada masyarakat desa. *Jurnal Edukasi dan Kesehatan Komunitas*, 4(3), 175–182. <https://doi.org/10.31539/jekk.v4i3.61720>
- Zulfa, N. (2020). *Pengenalan Tanaman Obat dan Manfaatnya dalam Kesehatan Masyarakat*. Jakarta: Salemba Medika.